



Dr. Sam Sample

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Beef Tenderloin and Plum Reduction



Ingredients

- 1 (1 ¾-lb.) beef tenderloin
- cooking spray
- 1 tbsp. black pepper, coarsely ground
- 1 ¾ tsp. salt
- 1 tbsp. butter
- 1 ½ cups sliced shallots
- 1 ½ cups chicken broth
- ½ cup beach plum jelly
- 2 tbsp. balsamic vinegar
- 1 cup ruby port
- 2 tsp. thyme
- 1 tsp. chopped rosemary

Directions

1. Coat beef with cooking spray, sprinkle pepper and 1 ½ teaspoons salt evenly on all sides.
2. Cover beef with plastic wrap, and let stand 30 minutes at room temperature.
3. Preheat oven to 450°F.
4. Cook beef in large skillet over medium-high heat; brown all sides, about 2 minutes.
5. Remove beef, place on cooking-sprayed broiler pan. Bake for 20 minutes. Remove from oven; let stand.
6. Return skillet to medium-high heat; add butter and shallots to pan, stir 1 minute. Add broth, jelly, vinegar, port, thyme, and rosemary; bring to boil. Cook about 17 minutes. Remove from heat; add ¼ teaspoon salt.
7. Cut beef crosswise. Serve with sauce.

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